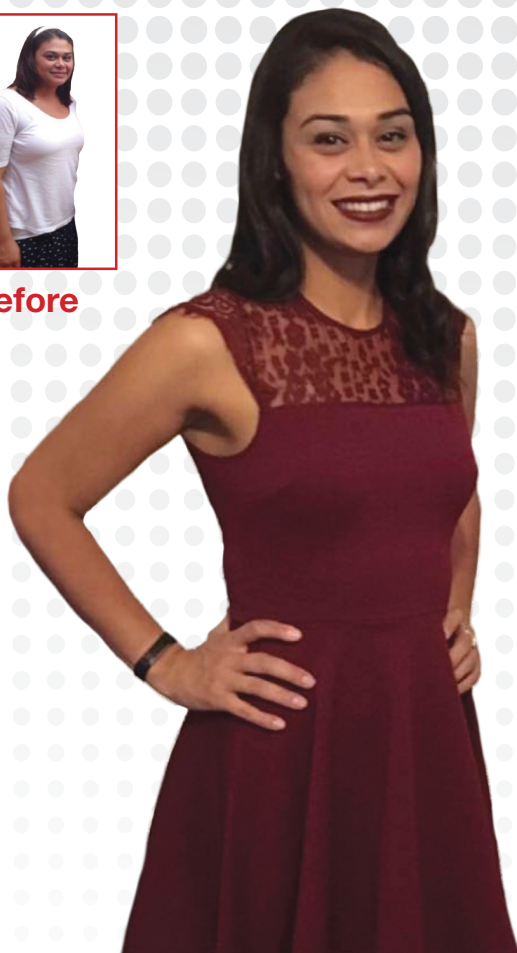


# NUTRITION GUIDE



Before



After



ACHIEVE STAGE  
WEEKS

6-8



FITNESS



NUTRITION



MOTIVATION



RESULTS

You've made major changes to your exercise and nutrition routine and are starting to feel the amazing effects. It is time for you to learn about and implement new concepts surrounding your nutrition to improve your results and bring you closer to your fitness goals. The next three weeks will have your focus remain on carbohydrate cycling now that you've mastered that, as well as a slight calorie reduction which will help to accelerate your weight loss and overall body composition change.





## CONGRATULATIONS! After five weeks you're really starting to see amazing results!

**1 ADVANCED CARBOHYDRATE CYCLING:**  
 In an effort to maximize your results we are helping you to advance your carbohydrate cycling to another level. You will notice days on the chart below that indicate your carbohydrate intake will be zero. Don't worry, we've increased your fruit intake to compensate for some of that carbohydrate value. For this reason please feel free to consume fruits until as late in the day as 3 p.m. Please remain diligent with your healthy fat intake as well. You'll see below that you are still to consume your healthy fats on your cardio days only. Carbohydrate cycling in this manner will help you to maximize your fat loss while still mirroring your nutrient intake with the particular type of exercise you are doing on that day.

**2 REMOVAL OF GLUTEN:**  
 Gluten is extremely scarce amongst the foods in the compliant shopping list. In fact, the only product containing gluten on our program is Ezekiel bread and that happens to be prepared in the safest way for our body. Many of our participants feel that their results in weight loss improve significantly when they eliminate gluten and even more of them report improved digestion as well as feeling healthier overall. For these reasons, we are asking you to eliminate gluten for the remainder of the program. Breads made from brown rice are acceptable if you still feel you need to consume bread but there are many gluten-free options that remain compliant that could serve as an easy replacement. Consider using brown rice tortillas or brown rice cakes as great options.

**3 ADDING NUTRIENT DENSE VEGETABLES:**  
 During your first five weeks we had you focusing on vegetables that had detoxifying and cleansing properties to help you initiate your transformation. Now that you've felt these effects we want you to try to integrate more nutrient dense vegetables.

Nutrient dense vegetables are as follows: Artichokes, Broccoli Rabe, Brussels Sprouts, Eggplant, Garlic, Mushrooms, Okra, Onions, Peppers, Radishes, Swiss Chard, and Watercress.



	MONDAY Cardio Workout LOW CARB	TUESDAY Strength Workout HIGH CARB NO FATS	WEDNESDAY Cardio Workout LOW CARB	THURSDAY Strength Workout HIGH CARB NO FATS	FRIDAY Cardio Workout LOW CARB	SATURDAY LOW CARB	SUNDAY TREAT MEAL
<b>PROTEIN Servings</b>	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 2 Men: 3	Women: 1 Men: 2 (Not Counting Treat Meal)
<b>CARBS Servings</b>	<b>NONE</b>	Women: 1 Men: 2	<b>NONE</b>	Women: 1 Men: 2	<b>NONE</b>	<b>NONE</b>	Women: 0 Men: 1 (Not Counting Treat Meal)
<b>FATS Servings</b>	Women: 3 Men: 4	<b>NONE</b>	Women: 3 Men: 4	<b>NONE</b>	Women: 3 Men: 4	Women: 3 Men: 4	<b>NONE</b> (Not Counting Treat Meal)
<b>FRUITS Servings</b>	Women: 3 Men: 3	Women: 3 Men: 3	Women: 3 Men: 3	Women: 3 Men: 3	Women: 3 Men: 3	Women: 3 Men: 3	Women: 2 Men: 2 (Not Counting Treat Meal)
<b>VEGGIES NUTRIENT DENSE Servings</b>	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum	1 Serving Minimum











ACHIEVE  
STAGE

# MENU



	LOW CARB SAMPLE MENU	HIGH CARB SAMPLE MENU
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• 3 egg omelet with vegetables (men should add one half container of seasoned ground turkey along with their omelet)</li> <li>• 2 slices of turkey bacon</li> <li>• 1 Orange ½ serving protein (women), 1 serving protein (men), 1 serving fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Steel Cut Oats with 1½ scoops MAX 180° The Natural Whey® Vanilla or Chocolate Protein Powder (men should add ½ container of turkey sausage)</li> <li>• 1 Apple sliced with cinnamon ½ serving protein (women), 1 serving protein (men), 1 serving carb 1 serving fruit</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• 1 Apple with peanut butter 1 serving fruit 1 serving fat</li> </ul> 	<ul style="list-style-type: none"> <li>• 1 Mango 1 serving fruit</li> </ul> 
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Dijon Chicken Salad* (See recipe below)</li> <li>• Cashews (men only) 1 serving fat, ½ serving protein (women) 1 serving protein (men)</li> </ul> 	<ul style="list-style-type: none"> <li>• 7-cup salad with half container grilled salmon (men should consume a full container) ½ serving protein (women), 1 serving protein (men), 1 serving vegetables</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• Grapes and almonds 1 serving fruit 1 serving fat</li> </ul> 	<ul style="list-style-type: none"> <li>• 1 Banana • 4 rice cakes (men) 1 serving fruit, 1 carb (men)</li> </ul> 
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• Mexican style taco salad Taco-seasoned ground beef, 7-cup salad, fresh salsa 1 serving protein, 1 serving vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled steak with grilled vegetables 1 serving protein, additional vegetables</li> </ul> 

## \*Recipe for Dijon Chicken Salad

- Ingredients:**
- 1 whole rotisserie chicken
  - 2 tbsp dijon mustard
  - 3 tbsp balsamic vinegar
  - 2 tbsp chopped parsley
  - ¼ tsp black pepper
  - 1 celery stalk, diced
  - Diced green onion to taste

**Preparation:**

Remove skin from the chicken and discard. Shred chicken away from bones and place in a bowl. Mix with remaining ingredients. Measure using a 9.5 oz container, a full container equals one serving of protein.

## LEGACY **The first five weeks of the program have come and gone, what comes next?**

If you haven't already heard, your instructor will soon be introducing you to the LEGACY program. Like many people you may have gotten started with THE MAX CHALLENGE because you wanted to lose a few pounds. I hope that what you are discovering is that THE MAX CHALLENGE is much more than just a fitness program. I hope that you are beginning to see that within each and every one of us lies the power to truly make a difference. As each of us continue on our journey we will make health and fitness part of our lifestyles, achieving more and more each year and inspiring others as we go along. We know that the biggest threats facing our country are heart disease, cancer, type two diabetes, and stroke. We also know that many of these are controllable in large extent by nutrition and exercise. By committing to a healthy lifestyle we are not only improving our own health, fitness, and energy levels but we are inspiring the people around us. We are creating a brighter future for our children, families, friends, community, and WORLD! Success isn't measured by your progress in just 10 weeks although it is certainly possible to achieve AMAZING results in that time period. You should use the success you've seen throughout your first 10-Week Challenge as a springboard to achieve bigger and greater things for yourself. You are creating your LEGACY! Reserve your space in the LEGACY program today!

# MAXimize YOUR RESULTS



- Have you successfully introduced carbohydrate cycling into your life?
- Have you learned how to adapt to 'no fat' on your strength training days and treat meal day?
- Have you made an effort to eat a portion of protein and carbs immediately after your strength workouts?
- Are you continuing to wait a full hour after finishing a cardio workout before eating?
- Are you drinking six to eight bottles of water per day?
- Are you consistently attending class?
- Have you established new goals for yourself for your next 10-week session?
- Have you convinced yourself that in just five weeks you've initiated a change in your life that can last forever?

## Visualize for yourself the answers to all of the following questions:

Who are you doing this for? What are your goals? Where is your life headed if you don't make significant changes? When do you want to achieve your goals? Why are you doing this? How will you stay focused? Remember all of these things in those moments of temporary struggle. A strong vision and clear goals can help you overcome ANY obstacle!



Before



After

"THE MAX Challenge was and continues to be, the solution to all of my fitness goals. I joined the 10-Week Challenge looking to shed a few pounds and feel better about myself. The combination of ever changing fitness classes and realistic nutritional coaching motivated me to lose over 20 lbs. I now fit into my old college jeans and I feel 20 years younger. Stop wasting time and money and do yourself a favor . . . join THE MAX Challenge today!"

- Paul, Middletown, NJ

# THEMAXChallenge.com

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